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Herein you'll find just the
right thought to inspire you
to be happy, healthy, prosperous
-son of God, son of victory!

MARCH, 1931

A PAGE OF INSPIRATION FOR EACH DAY

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

February 20 to March 19

The Spirit of truth quickens and illumines me.

The Spirit of health quickens and heals me.

The Spirit of plenty prospers me.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

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F. B. WHITNEY, *Editor*

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REALITY

Above the clouds and fogs of earth,

The sun is shining bright;

Above the darkness of the night,

There's glowing heaven's light.

Beyond the seeming hate of man,

There's love with power unspent;

Beyond man's seeming fear and lack,

There's God omnipotent.

And back of all the evil sights,

The good will come to you;

For back of what appears to be,

There's always God to view.

DIVINE APPROVAL AND HUMAN CONSENT

DO YOU have any difficulty in consenting to receive good from heaven? Do you find that, even when you pray, you are not believing that you shall receive? Do you seem to think that your prayers, desires, and actions do not have the approval of God? Then you need to understand divine approval and be ready to recognize and consent to it.

Know the truth that God approves of every good and worthy thing. Know that not a desire of yours that is based upon Spirit and Truth can be denied you. Realize that every worthy and righteous prayer has divine approval. You need but to consent to this, to agree mentally with God.

Many a person approaches the throne of heaven, spiritual consciousness, in a great spirit of prayerfulness. He has a sense of exaltation. He feels himself lifted up to the presence of God. He almost senses the reality of the thing for which he has so earnestly prayed. Then—he drops back! Two negative attitudes become his. He feels a sense of unworthiness as he approaches the majestic presence of God, and he has a feeling that God will overlook his request. He doubts divine approval and, also, lacks ability to consent to the goodness of God.

He is like a climber who, reaching almost the summit of a mountain peak, is so overcome by the thought of what he is about to accomplish that he takes the next step with trepida-

tion. He is like a prince coming into the presence of the king, his father, and frightened by the temerity of his asking, although knowing full well that the king will consent to his request.

The petitioner must lose all feeling of unworthiness. He must give up the feeling that the Father will disapprove of his prayer. He must know that, if he asks in confidence that he will receive, God will approve of his request. In fact, he must be so confident of God's cooperation in the matter that his prayer loses the significance of a petition and takes on the character of simple asking.

Were we to think of God as not giving His approval to prayers for peace, health, and supply, what would God be to us? Surely, not a Father of love. Surely, not the Father of a child whose part it is to glorify Him through manifesting His image and likeness. Surely, not a Father if He would not do all in His power to give His loved children health and the necessities of life! We all readily agree that the righteous prayer has the full approval of God.

Our arriving at the place where we are willing to be receptive to the good that God has in store for us often presents some problems. There is the age-old belief that man is not the image and likeness of God—life, health, strength, and perfection—but the image and likeness of disease, weakness, and decrepitude. There is the belief that God may withhold good

from man. There is the thought that God may refuse health to us, or discipline us by giving us disease.

We have to get away from the idea that God has both disease and health at His disposal, both to choose from in selecting something according to our merits. This idea takes us away from Truth. When we invest God with human frailties we lose sight of His divinity. In Truth, He is like the sun radiating sunshine to one and to all. We might as well stand in the sunshine and ask the sun to shine on us according to our sins or virtues as expect God to limit Himself in our behalf.

God always approves of every righteous prayer. He is always giver, never withholder. He is a power in our life that is always seeking expression, striving to manifest more of Himself in us that we may be complete in Him. To the extent that we are unhappy, unhealthy, incomplete, we fail to glorify God. Certainly we cannot think of God as putting His stamp of approval upon us when we fail to manifest Him in our life.

In order to consent to receive the good things in life we must follow to some extent the line of reasoning and the instructions that have just been given. We best give such consent by giving up the old ideas that we have had about God and prayer. We become positive to the good by ceasing to be negative to it. We still the old line of argument that has defeated

our purpose when we establish in our mind a new line of thinking.

Begin to look upon prayer as something positive. God's attitude toward you is positive, affirmative! This is the nature of divine approval. Your attitude toward Him must be likewise. Therein you consent! Approval and consent, therefore, are similar. Since you can know divine approval only through spiritual consciousness, and therein sense this approval as something confident, definite, affirmative, and positive, you find that it becomes a positive factor in your own mind even as your expectant attitude toward God is positive.

We can see that when we enter the prayerful attitude, when we pray the prayer of Spirit, we must lose the old concept of prayer as a negative, hit-or-miss proposition. We see that when we come into the proper relation with God, when we enter into His presence, the answer to our prayer comes. When this truth becomes universally known and accepted we shall enter into a new era of living. Think of our living in such close relation with God that we know that He is with us at all times, giving of Himself according to our needs! Will this simple truth not revolutionize what is now known as Christianity? Positive prayer, and man positive to it! God approving of man, and man consenting to God's wishes for more life and happiness! The power and magic of prayer utilized upon every occasion!

UNEMPLOYMENT



AT VARIOUS times in human experience there arise new fallacies or obsessions that appear to challenge man's comfort and well-being. Prominent among these fallacies are those of financial panics, losses, and general unemployment. A contagion of fear thought spreads like a subtle gas, and man becomes inoculated with fear and the belief in disturbed finances.

Strange to say, the situation of unemployment that recently made itself felt all over the nation was, in a measure, different from previous situations of its kind. This time the cause of it was so apparent that, even to those who ordinarily would not be expected to see such a cause, it was as obvious as the effect produced—and that cause was: bad psychology! On every hand esteemed leaders in the nation's thought have denounced the propaganda of lack as foolish. They have seen a great nation plunge itself into a state of unemployment for many of its people because of a baseless but insidious fear.

The cry of "hard times" spreads like wild-fire unless intelligent and brave minds get to work at its incipience. Since the contagion spreads through thought, thought must be the power that hinders its progress and stamps it out. Since "bad psychology," wrong thinking, is at the base of the belief in hard times, panics, or unemployment, then right thinking becomes the corrective.

When the newspapers take up the belief in

unemployment, voice is given to the propaganda and those who read begin to be filled with fear in finances. Were the papers just as eager to give us the thought of prosperity, they could do inestimable good. When employers are infected with the thought of a nation-wide state of unemployment, they, too, begin to enter into the seeming conspiracy to bring about unemployment. The fear spreads and affects those employed who do not know the truth of Being.

Numerous letters come to us from those who have handled correctly the thought of supply and have remained in their positions. Employers, too, who know how to think in a situation of this kind have remained true to principle and have retained the full force of employees.

The individual must see that every condition that affects him or his affairs is one that derives from some situation in the mental world. This is his clew to handling it. His thought of Truth must correct fear of and belief in unemployment. Under no condition must he allow himself to throw the weight of his thought on the side of the Adversary. He must not consent to the belief that unemployment is necessary or existent in the mind of Truth.

The person who finds himself related to this belief must treat the situation until he realizes his freedom from it. He must realize that his employment in the outer world of activity is but secondary to his being about his Father's business: thinking thoughts of truth, prosper-

ity, activity, success. In other words, if he is found to be rightly employed in mind, he need not fear unemployment in the outer world.

Several years ago the writer was asked to give a metaphysical statement to a student who had had a succession of losses, loss of money and loss of position. The statement flashed into mind, "*My supply came with me from God and is always where I am.*" In those few words is embodied the very truth that man in Spirit can never be apart from his good, his success, his prosperity. He cannot be separated from these through fear or the propaganda of lack. His position is definitely defined in the mind of Spirit. It is always where he is, and he is where it is. If he knows this truth it acts as an antidote to the cry of lack, failure, panic, unemployment.

If you believe that your supply or advancement comes from man, then to you it is dependent upon man's caprices. If you believe that it can be in some place other than where you are, then it can be lost or withheld from you. These beliefs but further the unworthy cause of unemployment. Coupled with such fallacies as beliefs in stock-market crashes, necessity of curtailing expenses, decrease in production, they tend to oppose the truth of man's permanent place in his Father's business.

Let every change in the outer world but serve to direct you to something better. Know that your supply is God-given, unaffected by conditions of the world.

SMILE IN VICTORY

IN TIME of stress and strain, smile! Let your soul rise above the seeming harshness of the external world or the apparent injustice of persons or circumstances. Rise to that height from which you can smile at the appearance of material things that seek to be observed as things of substance, things of reality. Let your soul be exalted in victory. Let it smile.

The most transitory things in the universe are those things which men often empower with the ability to make them sad and depressed. Oftentimes those things and situations that seem to rob us of the ability to smile are later observed as almost beneath our rightful field of attention. How ridiculous they seem to us when we know the truth! How we smile in victory when we have risen to the consciousness of our ascendancy over them!

Smile in victory! Smile at the utter defeat of the seeming power of material things. Rise to those heights on which you can stand so closely identified with the principle of Being that you feel that you can no longer be swayed by persons, things, and circumstances. Let the very Spirit of Christ within you smile its approval at your victory.

Personal attachment to external things is a mistake. If a person makes this attachment, then he is in the position of being happy or unhappy according to the seeming condition of things. His soul is bound to them through the bondage of his belief. He has deprived himself

of the freedom that comes from nonattachment.

If we give other persons the power to make us unhappy, then we give our happiness into their hands and we are robbed of soul freedom, soul joy. The mother who is anxious about her son thinks that her worry is indicative of her loyalty to him. She can do little for him through worry but infinitely much through rising to a consciousness of his victory in Truth.

A teacher of Truth once said that the sense of joy that comes at the time of a demonstration is something that the demonstration always awaits and that our hoped-for demonstration had been postponed for lack of this joy. Does it not follow that if we rise to the heights of joy we shall defeat the false claim of time or of delay in demonstration? Do we not see that there is such a close relation between exaltation and demonstration that we master the secret of completing a demonstration when we discover the true worth of joy?

The teachings of New Thought, Christian Science, Unity, and various other societies of practical Christianity and optimistic psychology have taught us how to smile. We have been taught to disregard the false claim of persons, things, and external circumstances. The power of our inner Christ has been so emphasized that the very Spirit within us smiles in victory. How the world has needed a religion of smiles! How men have fought against it, calling it antichristian and underestimating the force of its optimism!

The pessimistic person closes his mind to the joy of Spirit. He might be totally immersed in a world of joy and still refuse to smile. He seeks to be convinced of optimism. He challenges the humor of a situation when he should give it the benefit of the doubt. He holds his soul as if it were in the hollow of his hand. He refuses to let it smile.

The person who knows the truth of life and his relation to life can smile. Established in spiritual consciousness, he can laugh at the little affairs in life that formerly made him sigh. "He that sitteth in the heavens will laugh."

Does something today seem to depress you? Why not realize the truth of the situation? If Christ within you is greater than anything in the world, then you can declare yourself, affirm your supremacy over material conditions. You can even smile at your previous efforts to refrain from smiling. You can laugh as you live in those heavenly heights on which you are lord over your world.

Smile in victory! Why? Because Spirit within you is ever victorious. It can know no defeat. Everything in the world of externality and appearances must bow before it. Its victory is ultimate. Even as superficial smile pre-sages the coming of one that is more substantial.

Remember that joy is essential to demonstration. Cease all worrying over the outcome of your affairs. Smile! Laugh! Feel yourself so full of joy that nothing in all this world can distress you.

BEDTIME

Ere thou sleepest, gently lay
Every troubled thought away:
Put off worry and distress
As thou putttest off thy dress:
Drop thy burden and thy care
In the quiet arms of prayer.
*Lord, Thou knowest how I live,
All I've done amiss forgive:
All of good I've tried to do,
Strengthen, bless, and carry through:
All I love in safety keep,
While in Thee I fall asleep.*

NIGHT WATCH

If slumber should forsake
Thy pillow in the dark,
Fret not thyself to mark
How long thou liest awake.
There is a better way;
Let go the strife and strain,
Thine eyes will close again,
If thou wilt only pray.
*Lord, Thy peaceful gift restore,
Give my body sleep once more:
While I wait my soul will rest
Like a child upon Thy breast.*

NEW DAY

Ere thou risest from thy bed,
Speak to God whose wings were spread
O'er thee in the helpless night:
Lo, He wakes thee now with light!
Lift thy burden and thy care
In the mighty arms of prayer.
*Lord, the newness of this day
Calls me to an untried way:
Let me gladly take the road,
Give me strength to bear my load,
Thou my guide and helper be—
I will travel through with Thee.*

(Three poems from "Poems of Henry Van Dyke"; copyrighted, 1911, 1920,
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HEALING THOUGHTS

There's healing in the thought of Truth—
It wipes out false belief;
There's healing in the thought of light,
From darkened thought relief.
There's healing evermore in peace—
It's heaven's healing breath;
There's healing in the life of God,
Delivering from death.
There's healing ever found in love—
Its thorough work you'll find;
So take your choice of healing thoughts
God shares with you in Mind.

SUNDAY, MARCH 1

God, the good, fills my life so completely that there is no room for aught of evil.



LET US think of God as filling our mind, our heart, our body, and our environment so full of Himself that there is no place for any thought or presence of what men call evil. In the ideal world there is nothing but God, the good. Our duty is to know this truth so thoroughly that what is true in the ideal becomes true of the manifest.

As we see good coming into manifestation we see more of the presence of God. Our duty is to magnify God by beholding more and more of His presence. By doing this we see more and more of good coming into expression. Eventually there will be nothing but God, the good, manifest.

Begin today to see how much of good you can discover in your world. As you look for good you will find that there is a great deal of it. You will see good in yourself, good in those about you, good on every hand. The discipline will help you to take your thought off that which you have called evil. This will cease to exist when your thought and your world are filled with God, the good.

Abhor that which is evil; cleave to that which is good.—*Rom. 12:9.*

MONDAY, MARCH 2

The joy of Spirit within me is now my joy, filling my life with great happiness.



AS WE meditate upon the joy of Spirit within us, we find that this joy is not something foreign to us. On the other hand, it is our real joy. Spirit is the source of all our joy. Our joy is centered in Spirit and, as long as we realize our oneness with it, we cannot be without joy.

When we look to things of the outer life for joy we meet disappointment. We find ourselves depending upon these things for our state of happiness. Should they fail us, we are without joy. We see the advisability of knowing the truth that joy must be centered within us and must emanate from indwelling Spirit.

Joy is a normal condition. We are often led to think that joy is more or less an abnormal state. We must learn that we are creatures of joy, not of depression or sorrow. As children of God, we must manifest His joy and go about reflecting and expressing the joyfulness of His indwelling presence.

Joy should be constant. As long as we center our joy upon Spirit, just that long shall we be filled with joy. Our joy cannot be lacking when it is unified with the joy of Spirit.

Neither be ye grieved; for the joy of Jehovah is your strength.—*Neh. 8:10.*

TUESDAY, MARCH 3

I give up all feeling of worry and anxiety, because I am willing to live the care-free life of Spirit.

WORRY and anxiety come because of the individual's failure to have the proper trust in God. He fails to realize that God will deliver him from any adverse experience. His thought is more upon the adversity that may come to him than it is upon God's saving power.

We can easily give up worry when our trust in God and our faith in ourselves are sufficient to offset worry. The thought substance given to worry must instead be given to faith in God. The belief in calamity must be transformed into a belief that good is coming to pass.

The person who worries easily is not centered in Spirit. We think of him as not having found his real self and as not being poised in Spirit. He has not risen above a certain passive relation with external things and the outer life. He has not proclaimed himself master over things of the world and realized the truth of the supremacy of Spirit within him over all things without him.

We have a feeling of being care free when we cease to believe that things can contrive against us.

Come unto me, all ye that labor and are heavy laden, and I will give you rest.—*Matt. 11:28.*

WEDNESDAY, MARCH 4

*My faith in God, the good, surpasses
all my former belief in evil. I have su-
preme faith!*



HERE CAN be no doubt or unbelief in the mind and heart of that person who has supreme faith in God, the good. He cannot doubt God in any respect. He cannot lack faith in the power of God to bring order out of chaos, to establish justice where injustice has appeared, to transform disease into health.

Doubt has no place in the heart of the person who has come to think of God as all-in-all, all the presence that there is in Spirit, all the power that there is in Truth. Unbelief does not trouble him. He is free from the doubts of the world, because his faith in God within him has been quickened and increased.

As we use the faith that we have, we find that it develops. We discover that faith is like a muscle that grows through use. It is like a strong and mighty sinew that can push the objectionable from its path, or draw to it that which it desires.

Supreme faith! Faith greater than the challenges of the world! Faith that moves obstacles from its path!

Faith is a confident assurance of that for which we hope, a conviction of the reality of things which we do not see.—*Heb. 11:1 (Weymouth version).*

THURSDAY, MARCH 5

*God, divine principle, the law of good,
is the law under which I place myself,
my loved ones, and all my affairs.*

MANY TIMES we make adverse laws for ourselves and then labor under bondage to them. We think of ourselves as being under adverse laws—laws of disease, ill luck, and misfortune—and then defeat our own good in life by agreeing to be governed by such laws. We are reminded of the quaint picture of the old family horse that would stand for hours under the belief that he was tied to a post. He was tied just as securely as if by reins and chains.

God is the principle and law of good, light, peace, love, prosperity, and success. When we are governed by no adverse belief or law, governed solely by the law of God, we find that the blessings of His government are ours. Under obedience to His law we become inhabitants of His realm, participating in His bounty.

The operation of the law of good is the death knell to all belief in a law of evil or adversity. When we are conscious that the law of life governs us, we come out from under the spell of a law of disease and death. God, the law of good, is the one law of Truth, and all else that claims the character and power of law becomes annulled.

Thy law is truth.—*Psalms 119:142.*

FRIDAY, MARCH 6

The abundant, never ending life of Spirit is the life that now fills my body and makes me alive.



ENTER your attention at the very center and heart of your being and know that it rests in the very life of Spirit. Feel that from this center life radiates to every part of your being. Think of this life as abundant, as sufficient for every demand made upon it, as the life that makes you thoroughly alive.

Identify Spirit as something inseparably connected with you and your life. Think of Spirit as the source of your very existence. Think of the life of Spirit as your life, and of yourself as living in such close relation with Spirit that you are one with its life and being.

When your mind is cleared of all belief in the limitation of life, it will be ready to accept the truth about life inexhaustible, life eternal, life complete in God. You will come to think of life in a different light. You will enjoy living.

Living in Spirit helps us to solve our problems. If we live in Spirit we are free from in-harmony and disease, free from fatigue, free from all belief in cessation of life. We find that Spirit is all-sufficient, and that its life fills us with bountiful life.

Christ liveth in me: and that *life* which I now live in the flesh I live in faith.—*Gal. 2:20.*

SATURDAY, MARCH 7

The renewing power of Spirit is now doing its perfect work in me, and I am renewed in mind and in body.

YOU CAN keep yourself renewed mentally and physically by meditating often upon the renewing power and work of Spirit that is constantly taking place within you. Of course, you must cease to believe in age. You must give up all belief that you can go the way of age, crystallization, and decay. You must think of yourself as pure Spirit.

The renewing power of Spirit is mighty to erase every evidence of the belief in age. If you have thought of yourself as growing old, then you must turn to Spirit, think the truth, and see yourself as being constantly renewed and regenerated. Your thought should be kept clear in this respect.

As we become mentally renewed we find that new ideas fill our mind. Our thoughts seem to have a new and strange vitality. We find a new force back of our thinking powers. It is the power of Spirit, the power of Divine Mind.

Physical regeneration takes place according to the sincerity and intensity of the new thoughts that we entertain. If our thoughts are impregnated with the spirit of newness, then our whole being takes on a feeling of new life.

Renew a right spirit within me.—*Psalms 51:10.*

SUNDAY, MARCH 8

*The peace of God fills my heart, and
I can be peaceful and harmonious on all
occasions.*

TO BECOME peaceful unify yourself with the peace of God. At the heart of your being, God exists as a deep and profound peace. Nothing in the world about you can disturb this presence or cause it to become restless. When you are centered in this peace, you are established in God and nothing in all the world can cause you to be disturbed.

The peaceful person has learned that persons and things of the world cannot affect him. He has found that there is within him something that is never affected by external things and circumstances. He has found God.

Your mind becomes at peace to the extent that it is unified with the mind of Spirit—the consciousness of peace, order, and harmony. Being identified with spiritual-mindedness and its peace, you lose all relation with thoughts and things that would take your peace from you. The peace of God is enduring.

The peace that you find within you will extend to every part of your world. You will find yourself living in God and living in peace.

Let the peace of Christ rule in your hearts.
—Col. 3:15.

MONDAY, MARCH 9

The I AM in me is that within me that never changes. It is my identity with Spirit. I am Spirit.

LET US think of the I AM as that something within us which is our rock of refuge in time of strife and stress. When outer conditions appear to be inharmonious, the I AM seems to speak from the very depths of our being and to say, "I am peace." When we seem to be in the throes of disease, the I AM assures us, "I am life and health."

The I AM, then, is God within us. It is that which the Creator has left of Himself in His creation. It is that which we instinctively know to be of a nature unlike the character of things of the world. We know that it is Spirit.

When we say, "I am health," with the conviction of spiritual consciousness, the I AM gives a certain stability to our health. We feel that it is established in Truth and must endure forever. We can see that the I AM should never be joined to negative statements. We should not say, "I am ill," or, "I am poor." The I AM should always be thought of as associated with things of God, things of permanence, that which is of Truth.

The I AM is light, peace, love, life. These are of God and they, too, are our own.

Before Abraham was born, I am.—*John 8:58.*

TUESDAY, MARCH 10

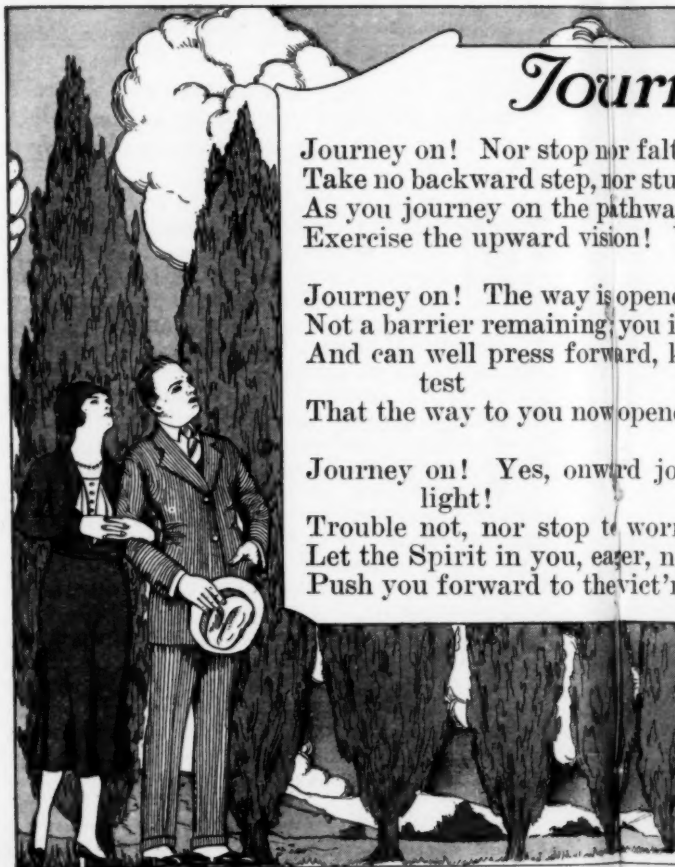
The love of Christ within my heart makes me kind and loving toward all persons. His love is expressed through me.

LOVE HAS power to do mighty things. It can neutralize hate and fear. It can bless and heal. Its work is seen on every hand. The mighty flood of love that we feel at times is but an expression of the love of Christ within us. Christ lives within us as a constant inspiration of love. Christ is the power that manifests itself when we feel loving, kind, considerate. Christ is the power that sweeps over us when we rise out of disease and lay hold of life and health.

The love that we have for another is but evidence that Christ within us is shedding love upon mankind. The love of Christ is always high, pure, impersonal, universal. It never brings its loved one into bondage. It cannot debase or abuse.

Love is the most natural thing in the world. When we cease to love we are working against nature, against Spirit. The unloving person is in a state of resistance. The love of Christ within him seeks expression, but he fails to do his part. He tries to dam up the ever increasing flood of love within him.

Even as I have loved you, that ye also love one another.—*John 13:34.*



Jour

Journey on! Nor stop nor falt
Take no backward step, nor stu
As you journey on the pathwa
Exercise the upward vision!

Journey on! The way is open
Not a barrier remaining; you i
And can well press forward, k
test
That the way to you now open

Journey on! Yes, onward jo
light!
Trouble not, nor stop to wor
Let the Spirit in you, eager, n
Push you forward to the vict'

Journey On!

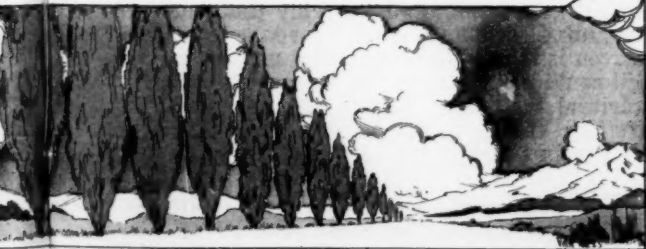
up nor falter—look not back the past to view;
up, nor stumble; mighty works you have to do;
the pathway now unfolding straight ahead,
vision! You are now by Spirit led!

way is opened! Obstacles are brushed aside,
going; you in peace can now abide,
forward, knowing with a trust that meets all

now opened is the path to heaven's best.

onward journey, head erect and heart made

up to worry; let the Spirit fight your fight;
easier, now direct your yearning soul,
the vict'ry and to conquest of your goal.



WEDNESDAY, MARCH 11

Keeping my thought fixed upon the Most High, I find that I dwell in His presence, the presence of heaven.

LIFE appears to us according to our viewpoint of it. We either look upward, heavenward, or else our vision is cast downward, we become pessimists, and we think of ourselves as living in a state far removed from the heavenly kingdom.

Some time ago a letter came to us in which this question was asked, "Do you believe there is a hell?" The answer, in substance, was this: "No; do you?" It matters not to the other fellow whether or not we believe in forty hells. If his thought is heavenward, then there is no hell for him. If his mind is filled with "hellish thoughts"—thoughts of hate, fear, disease, and squalor—then hell is very apparent to him. He need not look to some future time or place for a hotter one.

The passport to the kingdom of God is spiritual consciousness and heavenly thoughts. If our mind is filled with heavenly thoughts, heaven is then within and about us. Certainly, hell could not exist for the person who thought spiritual thoughts. The person who spends a lifetime thinking heavenly thoughts spends his life in heaven.

The kingdom of God is . . . righteousness and peace and joy in the Holy Spirit.—*Rom. 14:17.*

THURSDAY, MARCH 12

Christ, the Truth, is my Savior. In the consciousness of His presence I am saved and delivered from every adverse experience.

WE FIND that the presence of Christ is a power mighty to lift us out of any adverse experience and able to exalt us over any situation in life. In fact, we find ourselves in adversity only because we fail to realize the truth of Christ's presence. We think of ourselves as susceptible to adverse conditions only when we lose sight of our oneness with Christ, our Savior.

Even as Christ delivered men from misfortune, evil, and disease centuries ago, so is He able at this very moment to deliver you from that experience which now seems to be so burdensome and so distressing. Possibly you have heard Christ spoken of many times as a Savior, but have never thought of His salvation as having anything to do with the situations of the day or the affairs of your personal life. Know that He is mighty to save and to deliver you from inharmony, fear, hate, disease, and poverty. His salvation is unlimited. Do not limit it for yourself by your adverse thought or your doubt.

Cease to look upon unhappy conditions. Turn your thought Christward.

We have our hope set on the living God, who is the Saviour of all men.—*I Tim. 4:10.*

FRIDAY, MARCH 13

I am free from every limited belief, because I know that the power of Christ releases me from my every belief in bondage.

JESUS BROUGHT humanity the message of freedom. He found men and women bound by beliefs that limited them and linked them to evil, disease, and lack. He set them free by setting them free from the thought that bound them. He did this by giving them Truth.

How does Truth free us? It reveals the powerlessness of every false belief. Truth shows us that man is not subject to sin, disease, or poverty. Truth reveals man's spiritual identity. Man is beheld in Truth not as a slave to adverse belief, not as a creature in bondage to evil and disease, but as the child of God, free in the very Spirit of God.

Cease to think of yourself as in bondage to persons or things or external conditions of any kind. You can be bound only by your adverse belief, and then only to the extent that you believe in bondage, only as long as you tolerate this negative belief. Truth is your freedom. The power of Christ sets you free when you accept it as freedom.

He that was called in the Lord being a bond-servant, is the Lord's freedman.—*I Cor. 7:22.*

SATURDAY, MARCH 14

The blessings of heaven continue to be showered upon me, and I rejoice to feel that I cannot be deprived of the blessings of God.



WHAT AN OPTIMISTIC view of life we take when we turn our attention to the blessings of life! What a privilege it is to have revealed to us the truth that discloses God as pouring out upon us the very blessings of heaven!

We are often told that if we will but count over our blessings more of them will be revealed to us. Why is this true? Because we get into the consciousness of blessings. Through thinking of blessings we enter into the place whence they come. We see them wherever we look.

The optimist, then, is not a person who deceives himself by refusing to see negative conditions in life. He is one who beholds what the pessimist refuses to see. The optimist specializes in seeing blessings on every hand. He has the attitude of mind that welcomes blessings to him. He literally senses and feels them. He cannot be deprived of the good in life, because he has made himself one with it.

I will make them and the places round about my hill a blessing; and I will cause the shower to come down in its season; there shall be showers of blessing.—*Ezek. 34:26.*

SUNDAY, MARCH 15

*Christ within me in His perfection
inspires me to behold the perfection of
my true self.*

WE CAN either think of ourselves and see ourselves as imperfect, as we may appear in the world of false appearances, or else think the Truth of Christ and see ourselves as whole and perfect. We either look at ourselves through eyes trained to see blemishes and imperfections, or else catch the vision of Christ within us and see Him expressing Himself in and through us.

When we catch the vision of our true self, that self of us identified with Christ, we lose sight of all belief in imperfection. We see Christ's perfection as manifesting in ourselves. We behold the image and likeness of God implanted in man in the beginning.

You are not thinking the truth of Infinite Being, the real truth about yourself, when you think of yourself as limited in any wise or as imperfect. You should behold Christ, infinite perfection, within yourself at all times. You should see Him coming forth as God's perfect man within you, God's perfect idea of yourself coming into expression.

Now unto him that is able to guard you from stumbling, and to set you before the presence of his glory without blemish in exceeding joy . . . be glory, majesty, dominion and power.—*Jude 24, 25.*

MONDAY, MARCH 16

I overcome all tendency to be impatient. Trusting in God, I can wait patiently for my good to appear.



ARE YOU given to the habit of being impatient? Do you seem to have difficulty in standing still in times of stress in order to see the working of Spirit? Then cultivate the good habit of relying upon God. Patiently trust in Him.

What shall we do when our affairs seem to be in disorder and immediate change or help is demanded? Can we be patient when disaster seems to be imminent? Are we expected to be patient when a crisis seems to be at hand? Will God come to our aid if we do not show some interest in the matter? Surely we should understand that by keeping calm and peaceful we can do more for ourselves; we can pray with a greater assurance of help by being trustful and patient.

Patience comes through understanding that in Truth God is taking care of us and all our affairs. When we perceive this truth we see that there is nothing to fear. We find that there is nothing to make us impatient.

Reliance upon God, therefore, is the cure for impatience. When we know that God is right at hand, at work at all times, we can be patient and trustful.

Let patience have its perfect work.—James 1:4.

TUESDAY, MARCH 17

The power and the authority of God invested in me, His son, give me power over sin and evil. God in the midst of me is all-powerful.

TO CAST OUT that which appears to be evil in your life you must come to the realization that it has no power over you. You must know that you have all power through the Spirit of God within you. You need to realize that within you has been implanted divine authority, power over that which is in opposition to Spirit and to Truth.

God gives to you, His child, power over all the things of your world. In order to demonstrate this truth you must cease to think of anything external to you as being greater than the Spirit of God within you, your source of power and authority. You must not recognize any undesirable condition within you as mightier than God. You must know that God's power within you gives you absolute and complete authority over yourself and your world.

To cast out the belief in evil or its working, fill yourself with the consciousness of good, of the presence and all-prevalence of God. Do not fight evil.

Behold, I have given you authority to tread upon serpents and scorpions, and over all the power of the enemy.—*Luke 10:19.*

WEDNESDAY, MARCH 18

I now go the way of Spirit, and my path is one of peace, joy, and plenty.



WHEN WE go the way that God has planned for us we are assured of freedom from inharmony, disappointment, and failure. The way of God is one of light, happiness, health, and plenty. God's way is the way that we idealize as one in which contentment, health, and success are found.

Do you seem to be confronted with indecision, discontent, and failure? Do you feel instinctively that the way in which you are going does not seem to have the approval of Spirit within you? Does every step seem to be a false step? Then get still and seek to know just what indwelling Spirit wants you to do. If so advised, be willing to change your way of living and to set out upon a new path. You will not be happy until you find the path that Spirit has mapped out for you.

Going the way of Truth, the path charted for you on the great universal plan, you can find only peace, joy, and plenty. Every step leads you forward and upward. Every thought brings you nearer the goal.

When you go the way of Spirit you are not alone: the presence of God attends you.

To him that ordereth his way aright
Will I show the salvation of God.

—*Psalms 50:23.*

THURSDAY, MARCH 19

The light of Spirit within me is the source of my illumination, and all things are revealed to me.

DO NOT think of yourself as living in ignorance and darkness. You, the illumined son of God, cannot be apart from the light of God, your Father. He it is who illumines and inspires you. His presence is the light that burns in the very depths of your being.

The light of God in the midst of you shines in and through you to all parts of your world. Nothing can be hidden from you. All things are revealed. This light is unlimited in its power and scope. Every shadow of darkness must vanish before it.

Spiritual illumination comes from this inner waking, this inner knowing. We understand all things in our world when we are truly spiritually illumined. God's world is revealed to us through His light. It appears to us as an inner illumination, a divine revelation.

Do you wish light upon any subject? Then seek to focus upon it the illumination of Spirit within you. Cease to feel that you are undecided or ignorant. Realize that through Christ you know all things.

Thy word is a lamp unto my feet,
And light unto my path.

—Psalms 119:105.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

March 20 to April 19

*In Him is life; and the life is the light
of my mind.*

*The vim, vigor, and vitality of Jesus
Christ quicken both my mind and my
body, and I am whole and well.*

*The promise, "If ye shall ask any-
thing in my name, that will I do," is now
fulfilled, and I proclaim Jesus Christ my
supply and my support.*

FRIDAY, MARCH 20

The healing presence of God is now active in my mind and in my body, and I am delivered from all belief in disease.



AS WE progress in the study of Truth we find that God becomes all in all to us. We cease to think of anything else as having power, reality, or presence in Truth. We give up all belief in disease and weakness when we acknowledge the power and presence of God as life, health, and strength.

Beyond the human sense of pain is the spiritual sense of peace and health. Back of the appearance of disease is the reality of God's presence and life. We have to look beyond the symptoms of the flesh to find the reality of Spirit. We have to give up the thought of pain, weakness, and disease in order to let the thought of Truth do its perfect work in us.

By a little practice you can detach yourself from the thought of disease and feel the very presence of life, health, and strength. You can sense the very presence of God, which seeks to become the complete presence of health in your body. By turning yourself to your divine nature, you will find emanating from it power sufficient to lift you out of the hold of disease. Such is the power of God.

Jehovah will take away from thee all sickness; and none of the evil diseases of Egypt, which thou knowest, will he put upon thee.—*Deut. 7:15.*

SATURDAY, MARCH 21

I give up all belief in lack and accept the bounty of God now being poured out upon me.



WE TAKE the first step to prosperity when we wipe from consciousness all belief in failure and poverty. We erase from our mind all thought that we, the children of God, are bound to misfortune and lack, and by this step we open the way to prosperity.

A study of the truth of Infinite Being reveals to us that, as children of the Father of all good, we are heirs to His bounty. We cease to think of ourselves as victims of hard times and ill luck. We recognize the truth that we are children of God, children of prosperity.

Prosperity appears first in the mind as rich ideas. Since the mind links us to all the good that comes to us, we see that we must correct our thought in order to receive good. We must see that negative thought does not shut good away from us.

Rich ideas attract prosperity. The person with a rich mind easily draws success to himself. His ideas grow in worth and he grows in wealth—wealth of mind, wealth of soul, wealth in affairs. He finds that the normal state for man is a state of prosperity.

God . . . giveth us richly all things to enjoy.
—I Tim. 6:17.

SUNDAY, MARCH 22

*Thoughts of Truth now fill my mind,
and my whole world is transformed into
a world of peace, joy, and beauty.*

WE OVERCOME negative beliefs through the neutralizing power of thoughts of Truth, thoughts of things as they exist in the mind of Spirit. Adverse thoughts that cause adverse conditions are rendered powerless in the presence of thoughts of Truth.

Has the thought of fear been causing adverse conditions in your world? Then change your fear to courage. Have hateful thoughts caused the evil results of hate to manifest? Then think thoughts of love and see the effects of love replace those of hate. See your world literally transformed and changed. See yourself, your body, and all your affairs regenerated and transformed.

Your world will become one of peace, joy, and beauty when your mind and your vision have been disciplined to think Truth and to see it manifest. Negative thoughts must be corrected and a high standard of thinking maintained at all times. Thoughts of Truth—thoughts of peace, wisdom, love, life, plenty, and success—must be kept uppermost in the mind.

Be ye transformed by the renewing of your mind.—*Rom. 12:2.*

MONDAY, MARCH 23

The truth of God now operating in my mind wipes out every false belief. I am governed by the very truth of God.

MANY A PERSON lives a life of unhappiness and misfortune because he is governed by negative, adverse, and false beliefs—those without any foundation in the science of Spirit. His adverse beliefs link him to adverse conditions. His negative thoughts cause negation to manifest. He seems to accept a false philosophy of life and to become a victim to its practice. He appears to think of a science of falsehood as a true and worthy science and to demonstrate in his own life the appearance of false and adverse conditions.

What are false beliefs? Beliefs in inharmony, fear, hate, disease, poverty, failure. Why do we call them false? Because they are not based upon the Truth of God made manifest to us through thoughts of peace, courage, love, health, life, and plenty. These thoughts of Truth are representative of the Truth of God, the science and philosophy of Spirit.

When a false belief appears in your mind turn it out. Refuse to entertain it. Instead, think the truth. Instead of disease, think of health, since health alone has place in Truth.

Speak unto me nothing but the truth in the name of Jehovah.—*I Kings 22:16.*

TUESDAY, MARCH 24

God, the good, is now recognized in my life as the one and only God.

HAVE YOU any false gods? Do you bow down before a god of fear, a god of hate, or a god of disease? Do you think of gods many as ruling you and your life? Remember that, even though you think that you recognize but one God, if you give your thought to others you are their subject. You prove to yourself whether or not you believe in one God by your faithfulness, loyalty, and fidelity to Him.

When you think thoughts of good you stand erect before the very throne of God and think His thoughts after Him. When you think thoughts of evil you cringe before the so-called evil power or false god in whom many of the race believe. He is an idol before whom you make homage as truly as if you saw him as a three-dimensional being.

God, the good, is in Truth the one and only power and God that there is. He is a jealous God, demanding of you for your own sake and welfare all your love and devotion. Since in Truth He is all in all, you need to give Him all your thought, all your love, all your devotion.

I, even I, am Jehovah; and besides me there is no saviour.—*Isa. 43:11.*

WEDNESDAY, MARCH 25

Christ within me forgives me for every misdeed. As I am forgiven so do I forgive others.

FORGIVENESS acts as a release from thoughts of condemnation and from memory of misdeeds. Christ within us seems to say to us, "Thy sins are forgiven thee!" Through the guidance of His love we are led away from all unpleasant memory of the past. He seems to direct our thought away from past failure and to inspire us to do better when the next occasion presents itself.

We must appreciate the fact that our forgiveness depends entirely upon our ability to rise to the situation and be forgiven. Christ does not withhold His forgiveness if we are ready for it. We should not withhold the forgiving of others, since forgiveness comes from their own indwelling Christ, too. We need but personally stand aside and see the Christ in us salute the Christ in them in the very spirit of forgiveness.

Through forgiveness all memory of misdeeds of the past is wiped out. The individual forgiven stands cleared of all sense of guilt or accusation. He is restored to his place in the Father's kingdom of love.

Forgive us our debts, as we also have forgiven our debtors.—*Matt. 6:12.*

THURSDAY, MARCH 26

*I give up all thoughts of tension, and
relax mentally and physically in the
peaceful presence of God.*

THE INDIVIDUAL who is tense in mind and in body very plainly shows that he is personally trying to direct his affairs, that he is working without God. He shows to some extent that he subconsciously believes that God is not powerful enough to cope with the situation.

You can easily analyze your tension as coming from a certain fear in disaster and a belief that Christ in you is not mighty to handle the situation. You seem to yourself to be alone, fighting an impending danger. Relief from tension comes from reversing the thought process, rising out of personal concern, and relying upon Spirit's help.

You need literally to emerge from an environment of seeming disaster into the peaceful presence of God. Remember that in God's presence there can be no presence of evil, nothing to make you tense, nothing to destroy your peace of mind. Abiding in the presence of the Most High, you become witness to a transformation in all your affairs.

He that dwelleth in the secret place of the Most
High
Shall abide under the shadow of the Almighty.
—Psalms 91:1.

FRIDAY, MARCH 27

I am free from all sense of noise and distraction, because I abide in the calm and quiet of spiritual consciousness.

DO YOU find yourself battling with the noise of the world? Do you seem to fight external distractions? Is there difficulty in becoming still and quiet? Then cease to fight noise or conditions about you. Give up all disposition to be a part of the world of irritation and confusion. Above all, do not mentally fight and resist.

Cease to think of disturbing influences and they will drop out of your world. Cease to feel that you are identified with them and they, in turn, will not be a part of you. Withdraw your thought from them and think heavenward, think thoughts of peace and harmony.

As we enter spiritual consciousness—the realization of peace and quiet—we find that in reality there is naught but the peace and harmony of God. We lose all sense of irritation, all belief that things in the outer world can disturb us or that we can vibrate to them. We have found the calm and stillness of heaven within our own soul. We have found God.

From this inner place of quiet you will derive power to do mighty things.

Be still, and know that I am God.—*Psalms 46:10.*

SATURDAY, MARCH 28

God's law of adjustment regulates all the affairs of my life, and all things are in divine order.

THE PERSON who finds that his thoughts and affairs are disorderly needs to rely upon God's power to adjust and to regulate all things. He needs to realize that the adjustment of Spirit, when relied upon, is mighty to bring about a complete change in affairs and to establish perfect order.

The individual who lives in spiritual consciousness has orderly thoughts. All his movements are in divine order. All that he does reflects the very order of heaven. His way is ordered aright. All things in the external world appear to be ordered in such wise as to give him peace, happiness, and success.

Adjust yourself to Spirit, and all your external affairs will be adjusted. All things that concern you will come under the regulating, adjusting, orderly power of Spirit. You will truly sense and appreciate universal order and harmony. You will know what it is to live in unity with the very order of heaven.

Discipline your thought and see that you respect orderliness in mind.

Let all things be done decently and in order.
—I Cor. 14:40.

SUNDAY, MARCH 29

*Through prayer, through realization
of my oneness with God, I bring forth
the best that is within me.*

WE MUST think of prayer as communion with God, a condition wherein we know and feel our relation to Him. Through spiritual consciousness we enter that high mental and spiritual realm where we find ourselves unified with Supreme Being. Truth reveals to us that in true prayer we do not humble ourselves before God, but that we stand erect in the presence of His majesty, receiving His approval.

By prayer our thoughts ascend to heaven and make the path by which the thoughts of God come to us. Prayer opens the way by making us receptive to the blessings of God. These always exist for us, becoming ours when we enter that consciousness in which we identify ourselves with them.

Prayer is the means whereby we become consciously unified with divine power and bring it to bear upon our daily and personal experiences. Through prayer we tap the infinite reservoir of Spirit. We become receptive to divine grace and appropriate divine blessings.

Prayer is scientific, unfailing, in its action.

Ask, and it shall be given you . . . for every one that asketh receiveth.—*Matt. 7:7, 8.*

MONDAY, MARCH 30

Through the might of God inherent within me I can accomplish all that I undertake to do.

HOW SHALL we work? Shall we try to do things solely from the standpoint of personal effort? Can we rely upon the limited capabilities of the personal man? Shall we make life a laborious effort to live? Or—shall we find within us that might and strength which are inexhaustible, the endurance that is established in Spirit?

Fatigue comes through a depletion of the vital forces of the personal man. Endurance, that consciousness of inexhaustible power, comes from the very depths of our being and is the vitality of the spiritual man. We labor more abundantly, we find greater productive power in mind and in body, we find ability to do all things well, when we lay hold of this inner spiritual man.

Do not limit the extent of what you can do. Discover power within you to do all things well. Find the Source of might within you and you can work without fatigue, you can be free from all thought of fatigue, you can be assured of success.

I labored more abundantly than they all: yet not I, but the grace of God which was with me.
—I Cor. 15:10.

TUESDAY, MARCH 31

The loving justice of Spirit within me assures me of just treatment at all times, and I, in turn, am just with all persons.



ARE WE ever justified in dealing unjustly with others? Should we try to discipline others for what appears to us to merit discipline? Is justice ever to be withheld?

Justice is a working out of the perfect law of Spirit. By this law we receive just compensation. God as infinite justice does not withhold His justice at any time. Only the individual can hold himself apart from justice. His benighted thought alone can make him think of injustice as having any power or place in his world.

Justice calls to mind two aspects of itself. There is the justice that we hope to merit from others, and there is the justice that we show toward them. If a person has a well-rounded consciousness of justice, then he must expect to be as just with others as he might wish others to be with him. Our just treatment of others helps us to arrive at that place in consciousness in which we can neither know injustice nor experience it.

As ye would that men should do to you, do ye also to them likewise.—*Luke 6:31.*

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